NAME……ADM NO……CLASS……

OPENER TERM 3 2026

GRADE 10 HOMESCIENCE

TIME: 2, HOURS

INSTRUCTIONS

Instructions: Choose the correct answer for each question. Each question carries 1 mark.

1. Which method of cooking uses hot oil to cook food quickly?
   A. Boiling
   B. Steaming
   C. Frying
   D. Baking
2. Which of the following is a moist-heat cooking method?
   A. Roasting
   B. Grilling
   C. Boiling
   D. Baking
3. Which nutrient is mainly responsible for body building and repair?
   A. Carbohydrates
   B. Proteins
   C. Fats
   D. Vitamins
4. Which kitchen equipment is best used for draining cooked pasta or vegetables?
   A. Saucepan
   B. Colander
   C. Frying pan
   D. Baking tray
5. Which of the following is a safety rule in the kitchen?
   A. Leave knives in the sink
   B. Wipe spills immediately
   C. Run while carrying hot food
   D. Use wet hands to plug appliances
6. Which of the following is an advantage of steaming food?
   A. Destroys nutrients